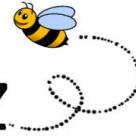


THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

May 2022

Council on Aging

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COA Board

Bill Litant, Chair

Anne Canfield, Vice Chair

Karen Whitcomb, Secretary

Tina Bhatia

Barbara Birt

Taryn Light

Barbara Wheeler

John Fallon, FCOA Liaison

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Mary Pavlik

Georgia Winfrey

Buzz Production Team

Tina Bhatia

Barbara Birt

Anne Canfield

Taryn Light

Art Stoumbelis

Tess Summers

Go Boxborough!

The Boxborough Council on Aging (COA) has expanded its transportation services to medical appointments for residents age 60 and older and adults with disabilities age 18 and older with the **Go Boxborough!** program. Medical rides that are Monday through Friday, 8 AM to 4 PM, outside the service area, time, or availability of our current Montachusett Regional Transit Authority (MART) program, may qualify.

This program is being subsidized through monies allocated by the American Rescue Plan Act (ARPA). The COA is partnering with three transportation providers to supplement our current van services; Gentle Arms Daily, LLC; FLOW Transportation, LLC; and Destination Express, Inc.

The Boxborough COA will continue to offer its multi-use van transportation services through MART. Rides are available Tuesday through Thursday, 9:30 AM to 3:30 PM.

For further details, visit our website: bit.ly/3regUyk.

To make reservations, contact the Boxborough COA at 978-264-1730 at least 48 hours in advance.

May Grab 'n Go Lunch



The Boxborough Firefighters' Association will sponsor a Grab 'n Go Lunch on **Wednesday, May 11**, from **11:30 AM to 12:15 PM**. This event will take place at the **Community Center** and is for Boxborough residents age 60 and above. RSVPs will

be taken beginning **May 3** via email at kdee@boxborough-ma.gov or by calling 978-264-1717.

You will have a choice of roast turkey sandwich on ciabatta roll, or tomato, mozzarella, and pesto on ciabatta roll. Lunch includes a bag of potato chips and a chocolate chip cookie. A gluten-free bread option is available. Pickup times are by last name: A - D at 11:30 AM; E - K at 11:45 AM; L - R at noon; and S - Z at 12:15 PM. Enjoy!



Coordinator's Corner

Merry May to one and all!

The month of May brings warmer weather, colorful flowers, flowering plants, trees, and bushes. May also brings May Day, May 1; Cinco de Mayo, May 5; Mother's Day, May 8; and Memorial Day, May 30.

Other things to look forward to this month include:

- A Birding Walk with Becky Harris on **Tuesday, May 3**. Learn about what feathered friends are visiting Boxborough.
- Join our Wednesday Walking Group. We are meeting at a different location every **Wednesday**; call 978-264-1717 for the details or if you have any questions.
- We hope to see you at the "Looking Back at Boston TV" presentation on **Monday, May 16**, by the engaging and often comical media historian Donna Halper, PhD.

We want to thank the Boxborough Minutemen for sponsoring last month's senior lunch; the lasagna was delicious!

Wishing you sunshine and smiles; Happy Mother's Day and Happy Memorial Day!

Kim

Podiatry Clinic



The Podiatry Clinic is **Monday, May 2**, from **1 to 4 PM** at the **Community Center**. Trimming of toenails and treatment of calluses will be offered for \$35 cash or

check payable to Dr. Ayleen Gregorian. Please call 978-264-1730 to make an appointment.

Wellness Clinic

Stop by the **Community Center** for our monthly Nashoba Associated Boards of Health Wellness Clinic on **Tuesday, May 10, noon to 1 PM**.

No appointment is necessary, just walk in and get your blood pressure checked by Susan, our Community Health Nurse. She'll be happy to answer any of your health-related questions.



Annual Town Meeting (ATM)

The ATM starts on **Monday, May 9** at the **Blanchard School Auditorium**. Voter check-in begins at **6 PM**, and the meeting starts promptly at **7 PM**. If needed, additional sessions are scheduled for **Tuesday, May 10, and Thursday, May 12, at 7 PM**.

There are 35 articles on the ATM Warrant, 18 of which are consent agenda articles that may be voted on with no debate. Of the remaining articles, the Town's operating budget (Article 5), acquisition of land on Sargent Road (Article 23), and new zoning bylaws for solar energy (Articles 33 and 34) may be of special interest to residents.

A copy of the ATM Warrant was mailed to every household in Boxborough in the second half of April, and the Warrant is available on the Town's website. Paper copies of the Warrant also will be available at the ATM. Please mark the date(s) of the ATM on your calendar and plan to attend. Remember: this is your opportunity to participate in Boxborough's governance.

Annual Town Elections

Be sure to vote in our Boxborough annual Town election on **Tuesday, May 17** at **Town Hall**. Voting hours are from **7 AM to 8 PM**. Although masks are no longer required, please continue to observe appropriate social distancing measures.

Voters will enter through the side door and use either the lift or the stairs up to the Grange Meeting Room on the second floor. Voters will exit either out the front door and down the front stairs or down the lift to the side door. Early voting is not available for this election. However, you may request an absentee ballot at bit.ly/3Ev1TOc.

Applications for absentee ballots must be received by the Town Clerk **before 5 PM** on **Wednesday, May 11**, and completed Absentee Ballots must be returned by the close of polls at **8 PM** on Election Day to be valid.

Summer 2022 Class Schedule

Registration begins on **Monday, May 9**, for Boxborough residents. Beginning **Monday, May 23**, non-residents may register, if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also email cregan@boxborough-ma.gov to request a form. The minimum class size is six Boxborough residents.

Fitness with Holly: Classes begin on



Monday, June 6, and run through **Friday, September 2**. Monday, Wednesday, and Friday

classes start at **9 AM**. Tuesday classes start at **10:30 AM**. Monday and Wednesday classes are held in-person at the **Community Center**. Tuesday and Friday classes are held via **Zoom**. Fees: 1X/week, \$48.00; 2X/week, \$84; 3X/week, \$108; 4X/week, \$156. *(No classes will be held the week of the Fourth of July.)*

Yoga with Rebecca: Classes begin on **Thursday, June 2**, and run through **Thursday, September 1**.

Chair Yoga will be offered via **Zoom** and in-person at the **Community Center** on

Thursdays at **9:30 AM**. Fees: \$48. **Mat, Stretch & Flex Yoga** will be offered only in-person in the **Community Center** at **11 AM**. Fee: \$36.

(No classes will be held on Thursday July 7.)



Come Join Us for a Birding Walk

You've probably noticed that birds who spent the winter elsewhere have been returning to your neighborhood. Our Town Clerk, Becky Harris, is an ornithologist and conservation biologist, and has offered to lead us on a walk as she identifies local birds. The walk will take place at **Flerra Meadows Field** on **Tuesday, May 3**, at **8:30 AM**. Wear comfortable walking shoes and bring binoculars. To sign up, call Kim at 978-264-1717. This event is weather dependent. The Flerra Meadows Field parking lot is at 340 Stow Road.

Looking Back at Boston TV: The Programs and Personalities We Loved to Watch

Media historian Donna Halper returns to the **Community Center** on **Monday, May 16**, at **1 PM** with her "Looking Back at Boston TV" program. She will take us on a trip back through seven decades of Boston television, focusing on some of the major events and the biggest stars. We'll look at the beginnings of Boston TV back in 1948 and recall the arrival of televised sports as well as the debut of Boston's first educational station, WGBH. We'll remember names like Jack Chase, Rex Trailer, Bozo the Clown, Candlepin Bowling, Chet and Natalie, Jack and Liz, Mike Lynch, Bob Lobel, and so many more. Space is limited. Please RSVP by emailing cregan@boxborough-ma.gov or calling 978-264-1730.

COA Van Services

COA van services are available to Boxborough residents age 60 or older, and to adults with disabilities age 18 and above. Rides are available Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM. The van travels to surrounding towns and may be used for medical appointments and local errands. Drivers and passengers must wear a mask or other face covering. To book a ride, call 978-264-1730, preferably two days in advance. The fare is \$1 each way for local trips.

Through our Go Boxborough! Program, we offer Boxborough seniors and disabled adults transportation to medical appointments that are outside the service area, time or availability of our van. For further information, rates, and to make reservations call 978-264-1730. Visit our website at bit.ly/3rBYnw5 for details.

Library News

Happy spring! We have several big programs scheduled for you in May.

Candle Making Workshop, Saturday, May 7 from 1:30 to 2:30 PM.

This in-person workshop led by Gariné Arakelian is an introduction to fresh spring fragrances' candle making. Each participant will make one container candle using soy wax and can choose from a variety of Spring inspired fragrance oils. Register by phone at 978-263-4680 or through the Library's Event Calendar at boxlib.org.

North Sea Gas, Tuesday, May 17 from 7 to 8 PM.

The award-winning Scottish band, North Sea Gas, is coming back to Boxborough. Treat yourself to their lively Celtic music performances and witty stories and banter. Join us for an hour of merry making with the North Sea Gas trio.

To follow the Library's most up to date news, sign up for our digital newsletter on our website (boxlib.org). Happy reading!

Walking Tour of Boxborough's "New" Town Center

Sunday, May 15, the Boxborough Historical Society will conduct its annual "Hidden Treasures" event. Every May for the last seven years, Freedom's Way, a consortium of 42 cities and towns that were involved in the events of 1775, has sponsored a "Hidden Treasures" event to highlight notable items and places in each municipality. This year Boxborough's Hidden Treasure is a walking tour of its "new" Town Center. Led by Richard Hilton, a member of the Boxborough Historical Society, the 1½ hour walking tour leaves from **outside Town Hall, at 2 PM.**

Boxborough's original Town Center was at the intersection of Middle and Hill Roads. It centered around the original meeting house/church located in front of North Cemetery. Over time, the center of Town activities moved down Middle Road to its intersection with Massachusetts Avenue.

(Continued next column)

The tour will visit the exterior of eight historic buildings representing the period from 1790 to 1930 and displaying Federal, Colonial/Greek Revival, Victorian Eclectic and Craftsman architectural styles. Those who are interested also may obtain a brochure for a self-guided tour of the original Town Center at the Boxborough Museum, 575 Middle Road. The **Museum** will be **open from 2 to 4 PM on May 15.**

Senior Support Services

Minuteman Senior Services provides a variety of services including care management, caregiver support, elder protective services, home care, money management, and referrals to other appropriate resources. For more information call 781-272-7177 (toll free 888-222-6171), or visit minutemansenior.org.

Cooperative Elder Services in Acton is a non-profit program that provides adult day health services to seniors and adults with medical or cognitive challenges who reside in Acton, Boxborough, and surrounding communities. Call 978-448-1400 for more information.

Mount Calvary Community Supper, 472 Mass Avenue, Acton, is open for in-person suppers in their dining room on Wednesdays from 4:45 PM to 5:45 PM. Open to all.

Acton Food Pantry distribution schedule 10 AM to 7 PM on Wednesdays and 9:30 AM to 11:30 AM on Thursdays, at 235 Summer Road in Boxborough. Closed the fourth week of every month. Call 978-635-9295 or visit actonfoodpantry.org.

SHINE (Serving Health Insurance Needs of Everyone) provides appointments to discuss Medicare options, call 978-264-1730.

Medicare: www.medicare.gov, 800-633-4227, TTY 877-486-2048

- Social Security: www.ssa.gov, 800-772-1213, TTY 800-325-0778
- Alzheimer's Association Helpline: 800-272-3900

May CHNA Programs

Creating Advance Directives: Creating advanced directives is essential in expressing your medical care decisions when you are not able to speak for yourself. Nurse-Attorney Cathleen H. Summers will discuss the types of documents you will need and how to best communicate your wishes with loved ones and your healthcare providers. This free **virtual program** will be offered on **Thursday, May 19, at 1 PM**. Pre-registration is required at: bit.ly/3xDXZ3Y.

Mindfulness Meditation: Practices for a Happy Life

This program continues through **May 16** via **Zoom** on **Mondays** at **10 AM**. Participants may join at any time. Erin LoPorto will address basic mindfulness and meditation practices while providing opportunities for returning students to deepen their practice. Register at: bit.ly/37YhM3x



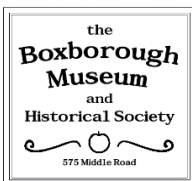
For more information, contact Sheryl Ball at sball@acton-ma.gov or call 978-929-6453.

FreeBee Market



Everyone is welcome to the FreeBee Market on **Saturday, May 21**, from **10:30 AM to noon** on the grounds of the UCC Church. Come take or share items such as fruit, veggies, baked goods, books, craft supplies, and more.

This event is possible by the generous time of volunteers and the UCC Church.



The Museum will be open **2-4 PM** on Sundays

- **May 15**
- **June 12**
- **July 10**

Around Town

Walk Massachusetts Challenge

Join the **Walk Massachusetts Challenge**. The Walk Massachusetts Challenge begins on **May 1** and ends on **October 31**. In addition to the physical and emotional benefits of walking, participants will be entered to win prizes (gift cards valued from \$10 to \$50) and participation can help the Boxborough COA win up to \$1,000. For more information go to walkmachallenge.com and choose a challenge listed on the website.

Musical Theater is back at Acton's Theatre III

Roald Dahl's classic tale comes to life with music by Pasek and Paul (*Dear Evan Hansen* and *The Greatest Showman*). **James and the Giant Peach** at **Theatre III, 250 Central St., West Acton. Senior Dress Rehearsal Thursday, May 5 at 7:30 PM**; tickets \$5 at the door. No reservation is needed. Regular performances are **May 7, 13, 14, and 20 at 7:30 PM** and **May 8, 15, and 21 at 2PM**. Senior tickets \$22.

Mental Health Fair

Littleton Elder and Human Services is offering a **Mental Health Fair** open to all on **Saturday, May 21, 10 AM to 1 PM** at **Fay Park in Littleton, MA**. There will be vendor tables with local resources and information, free yoga classes every hour, food, music and games to promote mental health awareness and to Stop the Stigma. Contact Littleton Elder and Human Services at 978-540-2470 for more information.

Indian Hill recordings of live stream concerts

Access Indian Hill's Video-On-Demand to access pre-recorded live concerts at indianhillmusic.org/vod/. Password: music20

May 2022

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|---|--|---|---|---|---|
| 1 | 9-Fitness w/Holly In-person 10-Mind. Meditation 1-PM Podiatry Clinic | 3 8:30-Birding Walk at Flerra Meadows 10:30-Fitness w/Holly via Zoom 1-Game Day | 4 9-Fitness w/Holly In-person 10:30 Walking Group 2-Knitting Group | 5 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga Hybrid 2-Tai Chi/Qigong | 6 9-Fitness w/Holly via Zoom | 7 1:30-Candle-making Workshop at Library |
| 8 Mother's Day | 9-Fitness w/Holly In-person 10-Mind. Meditation Annual Town Meeting Blanchard School Gym 6 PM-Check-in 7 PM-Meeting begins | 10 10:30-Fitness w/Holly via Zoom Noon-Wellness Clinic 1-Game Day 7 PM-Town Meeting continues if not completed | 11 9-Fitness w/Holly In-person 9- Walking Group 11:30-12:15- COA Grab 'n Go Lunch 2-Knitting Group | 12 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga Hybrid 2-Tai Chi/Qigong 7 PM-Town Meeting continues if not completed | 13 9-Fitness w/Holly via Zoom | 14 9 AM-Noon-Garden Club Plant Sale |
| 15 2 PM-4 PM Boxborough Museum 2 PM Walking Tour Boxborough "New" Town Center | 16 9-Fitness w/Holly In-person 10-Mind. Meditation 1 PM-Donna Halper, 'Looking Back at Boston TV' | 17 7 AM-8 PM Annual Town Elections 10:30-Fitness w/Holly via Zoom 1-Game Day 7 PM-North Seagrass Program at Library | 18 9-Fitness w/Holly In-person 10:30-Walking Group 2-Knitting Group | 19 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga Hybrid 1 PM CHINA-Creating Advance Directives via Zoom 2-Tai Chi/Qigong | 20 9-Fitness w/Holly via Zoom | 21 10:30 AM-Noon-FreeBee Market |
| 22 | 9-Fitness w/Holly In-person | 24 10:30-Fitness w/Holly via Zoom 1-Game Day | 25 9-Fitness w/Holly In-person 10:30 Walking Group 2-Knitting Group | 26 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga Hybrid 2-Tai Chi/Qigong | 27 9-Fitness w/Holly via Zoom | 28 |
| 29 | Memorial Day Town offices and Library closed. | 31 10:30-Fitness w/Holly via Zoom 1-Game Day | | | | |

Out of Town

Mt. Calvary Church, Acton
Littleton Elder and Human Services Health Fair

Community Supper, Wednesday, 4:45 to 5:45 PM All Sit Down
Fay Park, Littleton, Saturday, May 21 starting at 10 AM



Ongoing Events, Classes



To learn more about any event, call
the COA: 978-264-1730

Fitness with Holly In-Person

Class meets in-person at Community Center, Mondays and Wednesdays at 9 AM.

Fitness with Holly Via Zoom

Class meets via Zoom, Tuesdays at 10:30 AM and Fridays at 9 AM.

Game Day Drop in to play different board games, cards and more every week. Make new friends, chat, or just hang out! Tuesdays, 1 PM at the Community Center.

Knitting and Stitchery Group A group for those who enjoy knitting, crocheting, beading, cross-stitch, or any craft at all, make new friends, and work on your project. Meets Wednesdays, 2 to 4 PM at the Library. For more information annemcne@comcast.net

Tai Chi/Qigong with Dave Crocker

Gentle, balance-enhancing movements strengthens immune system. Meets Thursdays at 2 PM at the Community Center.

Yoga with Rebecca via Zoom

Chair Yoga Modified yoga poses performed with a chair for added support. Meets Thursdays at 9:30 AM. In-person.

Mat Stretch & Flex Yoga Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays at 11 AM. In-person and via Zoom.

Wellness Clinic Held on the second Tuesdays at noon. Nashoba Nursing Service hosts a monthly wellness check for all ages at the Community Center.

Walking Group Meet on Wednesday for a morning walk at four different Boxborough locations in May. This free, leisurely stroll is designed for seniors. Grab your comfortable walking shoes, bug spray, sunscreen, water bottle and come join the fun. Walks will be led by Liz Markiewicz or by Kim Dee. Call 978-264-1717 for more information.

CHNA Free Zoom Event

Mindfulness Meditation

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. Meets Mondays, 10 AM via Zoom. Registration required. For more information contact Sheryl Ball at 978-929-6453 or sball@actonma.gov. The link to register is bit.ly/37YhM3x.

Through the CHNA-15 grant, the Boxborough COA is collaborating with the Acton and Littleton COAs to provide this program.

The Friends of the Council on Aging provides financial and volunteer support for programs, classes, and special events of the Friends and the Council on Aging.

To make a donation as a Friend, or as a memorial, clip out this form and send your tax-deductible gift to the **Treasurer, Patty Gayowski, 31 Eldridge Rd, Boxborough, MA 01719**. Make checks payable to the **Friends of the CoA**. Thanks.

Donation (\$ _____)

\$5 _____ \$10 _____ Other _____

Name _____

Address _____

In Memory of _____

Reminder: The May Walking Group will commence on **Wednesday, May 4,** at **10:30 AM** at **Fifer's Field.**

Don't forget: The Boxborough Garden Club Plant Sale will be at the UCC Church lawn on **Saturday, May 14,** from **9 AM** to **noon.**

Save the Date: The COA will be sponsoring a "Sign up for an MBTA Senior Charlie Card" on **June 27** from **1 to 3 PM** at the Community Center. Details in the June/July issue of "The Buzz."



Follow us on Facebook at facebook.com/boxboroughcoa

**- Submit Items for the June/July issue by Tuesday, May 3 -
boxboroughbuzz@gmail.com**



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

Boxborough Council on Aging
Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719